

Edgar Kingsland
Re Jan 1924

Osteopathy



The League for the Prevention
of Spinal Curvature, Limited

12 Wigmore Street, London, W.1

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The Work of the Osteopathic Clinic

THERE have been innumerable requests for some succinct and easily assimilated information in regard to Osteopathy and the Osteopathic Clinic whose highly successful practice has aroused such keen interest among the general public. To meet this desire is the purport of this little book. There is nothing abstruse about it; nor should there be, in a booklet primarily intended for lay perusal. Technicalities have, therefore, been as far as possible avoided, the object being to give the general reader a clear idea of what Osteopathy is, the origin and "reason why" of the Osteopathic Clinic, and the nature and scope of the healing work performed at that Institution.

"Osteopathy" is the scientific term for what claims to be the latest, and most progressive, legitimate branch of the healing art. The term can be very well translated as "Manipulative Medicine," for it goes far beyond what is known as "Bloodless" or "Manipulative Surgery," inasmuch as it claims to arrest, relieve, and cure many diseases that in the past were considered to be amenable only to treatment by drugs. The founder of this new branch of medical science was Dr. Andrew Taylor Still, an American general practitioner trained in the old school of therapeutics, and a particularly expert and enthusiastic student of anatomy. He attained great celebrity by his remarkable medical work during the calamitous Civil War of 1861-4, many of the cures he effected being considered little short of miraculous. Even then Dr. Still was beginning to utilise some of the methods of the new system

which afterwards he was to bring to perfection, and to establish with such signal success. Dr. Still was an original, acute and eminently logical thinker. He perceived that many diseases for which drugs were given—all too often, not merely without benefit, but with actual injury to the patient—were caused by a defective supply of nerve force, or blood circulation, and frequently by an inhibition of both. The disastrous effects of such inhibitions or checking of vital forces on the functioning of the various organs were all too plain. The causes, however, were exceedingly obscure, and Dr. Still resolved to lend all his energies to this discovery. As an anatomist he had paid particular attention to the Spinal Column with a view to the special treatment of spinal complaints. And it was in the backbone that he found the key to the medical enigma he was seeking to unravel.

WHY OSTEOPATHY SUCCEEDS

In order to understand the nature of this great discovery made by Dr. Still we must go, as it were, into the dissecting room and take a glance at the spinal column and the vital part it plays in the due ordering of the human economy. We discover that the spinal cord is made up of twenty-four separate bones hinged one to the other, with most delicately adjusted interstices, arranged so as to give passage to important blood vessels and nerves running from and to the spinal cord, and reaching to every portion of the body. The number of nerves coming from the spinal cord, which is housed and protected by the vertebrae, is 31 pairs. There are only 43 pairs of nerves in the whole body, so that the significance of the number attaching immediately to the spine will be at once appreciated. Now if there be any mal-adjustment of the spinal column, either congenital, *i.e.*, present from birth, or caused by accident, which either impinges upon or causes irritation to nerve or blood vessel, obstructing the passage of the vital fluids to the parts of the body they are intended to reach, those parts must and will become functionally disordered. And here

let it be said that it does not require a very marked or palpable obstruction to the flow of these nerve and blood forces to cause damage. Such obstruction may be either bony, muscular or ligamentous in character. A very little pressure on a nerve or blood vessel occasioned by congestion of tissue, partial displacement of bony structure or ligamentous contractions, if of any continuity, may without entirely obstructing its energy, so diminish it that some perhaps quite distant organ of the body supplied by that nerve, or blood vessel, develops functional disorder and disease. In many instances, such functional disorders and diseases arising from them are treated, quite in good faith, by drugs, since the real cause of the trouble is unrecognised. Then there is astonishment and dismay at the intractability of the complaint, as evidenced by its not responding to the treatment. That is where the Osteopath comes in. He has been taught how to judge, from the location of a disease, at what portion of the spinal column he may be likely to find the primary cause of that disease. He has acquired by a long course of minutely systematised training in manual technique, a power of tactile diagnosis that enables him to detect the spinal mal-adjustment, even of the slightest, that is the root of the evil he is called upon to combat. He has also acquired by the same course of training, an exact method of re-adjustment of the parts in such cases. Thus it is that where all other treatments have failed, the Osteopathic treatment so often succeeds.

THE PROGRESS OF OSTEOPATHY

From the above remarks, doubtless, will be gathered without need of further explanation the nature of the epoch-making medical discovery of Dr. Andrew Taylor Still. He perfected and practised his new system and he named it Osteopathy. But of course, he did not attain to immediate success. Followers of use and wont are always suspicious of new departures, and prejudices die hard. The elder practitioners were annoyed by Still's denunciation of their

excessive administration of drugs, and hinted, as certain ancient detractors did about St. Paul, that "much learning hath made him mad." But he worked on, careless of all attacks and criticisms. And by and by, in the country market places, it began to be noised abroad that Dr. Andrew Still was performing wonderful cures. People who had been considered incurable wrecks were actually seen going about their business again, brisk and smiling. Then Dr. Andrew Still began to receive patients from all parts of the country. His practice so increased that he had to train assistants to help him, and eventually to establish the world's first School of Osteopathy in his native town of Kirksville, Missouri.

Since that time, Osteopathy has made progress unexampled in the history of any other branch of medical science. Thirty-seven years ago, Dr. Andrew Still was the only Osteopathic Practitioner, not merely in America, but in the whole world. To-day there are some 8,000 qualified Osteopaths practising throughout the United States and Canada, as well as scores of others distributed over Great Britain and Europe generally, the further British Dominions and the Republics of South America. That is a record which, if success be a criterion of merit, can without any exaggeration be described as an illustrious one.

BRITISH OSTEOPATHY AND THE CLINIC

Osteopathy has been established in the United Kingdom and practised as a regular branch of medical science since 1902. This establishment of the science was the work of Dr. Harvey Foote, of Park Lane, London, and Dr. Jay Dunham, of Belfast, leading practitioners in this country to-day. Dr. Foote graduated from the Still College of Osteopathy, one of the eight Osteopathic Colleges which, having received Government Incorporation, have the world status and powers of a University. Following the flourishing parent lead, mammoth institutions have sprung up in other parts of the United States.

Dr. Foote attained a high reputation as Osteopath in his native land. But he wanted to see Osteopathy estab-

lished and given the medical position he felt to be its due, in the mother-country of the British-speaking peoples. So it was that in 1904 he crossed the Atlantic and established a practice in Belfast. This was very successful; but, feeling he needed a wider scope, Dr. Foote migrated from Belfast to Dublin, and thence to London. His practice in the Metropolis steadily grew, bringing him into contact with many influential persons who became not only his patients but his fast friends. It was the desire of Dr. Foote—a desire warmly shared by many—to see the benefits of Osteopathy extended to the mass of poorer sufferers on the basis of a sound charity which should have not merely a metropolitan, but a national, significance and value. The scheme required much thought, partly on account of the complexities of detail, but more largely because of the desire, while making it broadly generous, to set it—in organisation, management and conduct of affairs—beyond all fear of public or private criticism or reproach.

At last a plan was worked out which seemed to meet these somewhat stringent requirements; and early in 1921, Dr. Harvey Foote, as its chief organiser, and his able and indefatigable seconder, Major J. B. Paget, had the satisfaction of successfully incorporating the League for the Prevention of Spinal Curvature, Ltd. It was in pursuance of their desire to obtain for it an absolutely sound basis that the promoters secured for the League the status of a Limited Company. It is thus open to all the checks and examinations of its finances and activities that are imposed, in the public interest, upon all such companies. But the League has one distinction that gives it a vast difference. There are no emoluments for its directors. All the members of its Council, which is equivalent to the Board of an ordinary Company, all its officials, from the President downwards, hold honorary positions pure and simple. They do the work of the League, much of it exceedingly onerous and time-requiring, purely from zeal for the cause they serve—the cause of suffering humanity. Every subscriber to the League, therefore, has the satisfaction of knowing that the money sub-

scribed is allocated immediately to the practical furtherance and extension of the medical work which the League was incorporated to undertake.

CHILDREN FIRST

The main object of the League is the betterment of human health. It realises that prevention is better than cure, therefore it makes a big point of taking children who show signs of faulty spinal and frame adjustment at the tenderest possible age, in order to remedy incipient defects, to prevent further extension, and to ensure, as far as is humanly possible, that such children shall have the opportunity of growing into healthy and robust men and women. But the League does not confine its charitable efforts to the children. Every person, old or young, who is suffering from any complaint coming within the purview of Osteopathy (and that means almost every known ill which afflicts humanity), is certain of receiving the best that the very latest advance in medical science has made possible. It was to this end that the League brought into being such Clinics as that at 12, Wigmore Street, Cavendish Square, which may be cited, alike for organisation and perfection of practice, as a model of its kind.

The Wigmore Street Clinic, which is under the close personal supervision of Dr. Harvey Foote, was brought into being in March, 1921, the premises, after necessary alterations, having been opened for the reception of patients on the 25th of April following. From the moment of its inauguration, during the stated hours for attendance each day, qualified Osteopaths have been present to receive, examine and treat patients. Dr. Foote's Clinic assistants, Dr. George Watson and Dr. N. J. Neilson, are in attendance, and Dr. Foote himself is always within call for special cases. On May 31, 1921, the first great public demonstration of Osteopathic methods ever held in Great Britain was given at the Clinic by Dr. Foote, assisted by Dr. Watson and the staff, with Lord Queenborough, the president of the League, in the chair. Viscount Deerhurst, Major Paget, and other speakers, paid high tribute to Osteopathy and its work for

the League; and the gathering generally, with its remarkable demonstrations, received much attention from the Press. It was particularly noted that the Clinic, in regard to fittings and apparatus, stood out as one of the best equipped medical institutions in the Metropolis. It enjoys, for instance, the use of one of the best X-ray equipments in London, which is placed at its disposal by Dr. Foote.

THE WORK OF THE CLINIC

At the end of June, 1921, there were twenty-eight patients under treatment at the Clinic. At the end of 1922, no fewer than 4,200 treatments had been given! That is evidence of the progress that Osteopathy is making in Britain, and the high value that is now being set upon the work of the League for the Prevention of Spinal Curvature, Ltd., and its ever-open Clinic. Indeed so largely has the work of the latter increased, and so great are the new calls upon it, that it has become imperative to secure much larger premises as soon as the necessary funds are available. The Members of the League Council, a particularly influential body, as will be seen by a glance at its constitution, are making an appeal for the purpose which there is every hope will be generously answered.

And in the meantime the good work goes on without cessation. Those who are desirous of knowing what remarkable things this good work has accomplished, should ask to see the Clinic case-books. There they will find shortly and simply recorded and verified, some of the greatest triumphs of healing of which medical science can boast. Like many another good man who spent himself in the service of humanity, and passed away without seeing the full fruits of his labour, most assuredly Dr. Andrew Taylor Still, in laying the foundations of Osteopathic practice, "built better than he knew."

This Clinic belongs to the people; and the Council of the League wish the public to feel perfectly free to send patients. This can be done by application at the Clinic rooms, 12, Wigmore Street, Cavendish Square, W.1, by letter or telephone (Langham 1312), or in person.

League for the Prevention of Spinal Curvature, Limited.

I, _____ of _____
desire to become a [life] [subscribing] member of the League,
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I enclose herewith a [cheque] [Banker's order] for £ _____
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Dated this _____ day of _____ 192

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order shall be cancelled by me.

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The League for the Prevention of Spinal Curvature
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Form of Bequest

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I GIVE AND BEQUEATH to the League for the Prevention of Spinal Curvature, Limited, No. 12 Wigmore Street, London, the sum of £....., free of legacy duty, for the general purposes of the said League AND I declare that the receipt of the Honorary Treasurer or other proper officer for the time being of such League shall be a good discharge for the same.

Signed.....

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